

PROTECT YOUR FAMILY AT HOME

OLDER PEOPLE AND THOSE WITH UNDERLYING CONDITIONS SUCH AS DIABETES AND ASTHMA ARE AT AN INCREASED RISK FROM COVID-19.

CLEANING

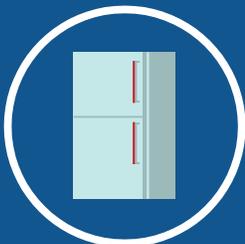
ROUTINELY CLEAN HIGH TOUCH SURFACES



LIGHTSWITCHES



DOOR KNOBS



REFRIGERATOR HANDLES



BATHROOM SURFACES (FAUCETS & TOILET HANDLES)

MEALTIME



SIT 6 FEET APART OR TAKE TURNS EATING



DO NOT SHARE FOOD FROM THE SAME PLATE OR SHARED DRINKS

INSIDE & OUTSIDE



WEAR A MASK INSIDE WHEN LESS THAN 6 FEET APART



WEAR A MASK OUTSIDE OF THE HOME



WASH HANDS UPON RETURNING HOME



AVOID SLEEPING IN THE SAME ROOM

Learn more at [Mass.gov/StopCOVID19](https://www.mass.gov/StopCOVID19)

